



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEWS AND INFORMATION FROM
The Grand Traverse Bay YMCA

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Friday, September 09, 2011

FOR IMMEDIATE RELEASE

Y BEGINS FALL PROGRAM

Now in its 47th year, the Grand Traverse Bay YMCA launches its fall programs and activities that implement our mission "to put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all."

Y Pee Wee Sports/Kinderkickers provides children age 3 to 5 years old with a variety of experiences in sports like soccer, basketball, and many others. Classes begin on Wednesday, September 14, 4:30 pm - 5:30 pm.

Our new **Zumba** is a dance fitness class that incorporates elements of dance, aerobics, interval, and resistance training for a comprehensive work out for adults. Classes begin on Tuesdays, 11:00 am - noon and Thursdays, 6:45 pm - 7:45 pm.

Y Gymnastics for ages 1 year to competition team level 10 begin at a variety of times this session on Monday, September 12. Call the Y Gymnastics Center at 929-2869. Our competition team achieved over 100 first places in regional and national meets last year.

Y Tennis provides a comprehensive program of lessons and leagues for all ages. Its newest offering, for adults, is a "Cardio Tennis" class that is held Tuesdays, Wednesdays, and Thursdays from 10:30 am to noon. Private lessons are taught by USPTA certified professionals. Call 933-9622 to schedule.

Y Early Childhood Education provides quality and licensed child care and pre-school education in a vast 9,600 sq.ft. facility equipped with its own gymnasium. The YMCA, throughout its 2600 Ys, is the largest provider of child care in the country. The Grand Traverse Bay YMCA Early Childhood Center provides Christian values based education with a comprehensive Creative Curriculum giving children a firm foundation for future education. Contact 421-3568 for a personal tour. Note: some classes now have waiting lists.

Y Adult Softball continues its tradition of quality competition offered in Men's and Coed Leagues and held at the Grand Traverse Civic Center. Men's league begins on Monday, September 12. The Coed league begins on Sunday, September 11. Contact Barb Beckett at 933-9622 or www.gtbayymca.org.

Y Women's Basketball leagues are now being formed and will begin play on Sunday evenings, September 18, at various Traverse City area gyms. Registration and scheduling of teams continues.

Y Flag Football offers the best flag football program for boys and girls. There are two divisions with grades 2 & 3 playing on Tuesdays and grades 4 & 5 playing on Thursday beginning the week of September 19. Both divisions meet once per week for 6 weeks.

Y Teen Dances begin Saturday, September 17, 7:00 - 10:00 pm, Y Main Facility, for grades 6 - 8, free for Y members and \$8 for non-members. ID and dress code enforced. Volunteer chaperons are always welcome

All information, registration forms, and program information is available at our website at www.gtbayymca.org or calling our Y staff at 231-933-9622.

At the YMCA we are for youth development, healthy living, and social responsibility.